Self-Image Inventory

1. Identify three areas in your life you would like to change.
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

2. What prevents you from changing the above noted items?
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   __________________________________________________________
   __________________________________________________________

3. What was the last enjoyable thing you did for yourself?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

4. List three events in which you were complimented.
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

5. List three events in which you complimented someone else.
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   __________________________________________________________
   __________________________________________________________

6. List the last three risks you have taken.
   __________________________________________________________
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